



The
STORY OF DRIED FRUITS
with
RECIPES FROM
Sunland

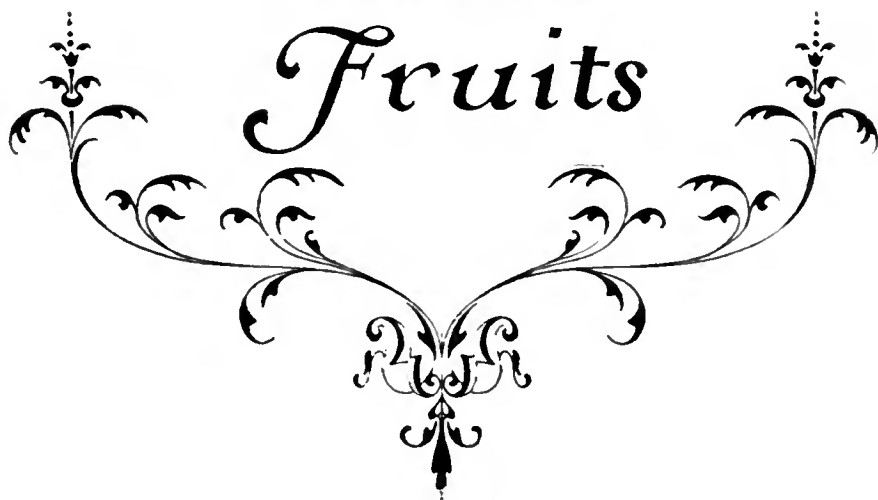
The great central valley of California

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The Story of Dried Fruits



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The knowledge of sun-preserved fruits is very old—so old none may know its beginning. It is recorded in history that King David of Israel accepted raisins as payment of taxes. In 430 B. C. a Babylonian mortgage, the earliest known document of its kind, called for the return of principal and interest in dried fruits. Peaches are mentioned in the writings of Confucius. Through the ages the word comes down that these fruits, which through the agency of a benificent sun were made available through all the year, from harvest time to harvest time, were always considered a delicacy.

As populations shifted and spread from out of the sunny plains of the Adriatic countries, where most of these fruits had their beginnings, so far as it is recorded in history, the vines and trees from which they came were transplanted. Those to whom they were new eagerly accepted them and spread their popularity. The ancients ate of these fruits because they were good to eat and pleased their palates, and to a great extent we do likewise, although with our larger knowledge and understanding of dietetic values we are pleased to know that they offer a most pleasant method of obtaining easily assimilated energy.

Always the center of the dried fruit industry has shifted westward until on the shores of the Pacific it has reached its highest development in the southern part of California. Today, California fruits, preserved in the health-giving rays of the sun, are known the world over.

When gold was discovered in California in 1849, hurrying adventurers in quest of the precious yellow metal passed by the sun-baked valleys with scarce a thought, except perhaps to be glad that it was not here gold had been

discovered. Yet those parched, desert-like stretches, as they were then, were to yield a gift from the soil more precious than the yellow gold of the hills, for they had all of the requirements, save water, for producing a wealth of health.

When these miners, baffled in the search for gold, turned again to the valleys, they brought with them the knowledge that there were great store places for water in the hills. Crudely at first, but with unfailing progress, they dug ditches and ran canals to bring the water of the Sierra Nevada to the flat fields of the valleys. And this brought about a transformation as remarkable as any feat of alchemy. Everything that was planted grew with prodigious energy when the magic touch of water set in action the age-old elements of growth stored in the white sands of the desert. Trees, vines were planted. And when came the hot Summer sun, the fruit of these was dried and it was found that here was the ideal place for growing and sun-drying fruit under conditions more acceptable to the western world than those in Spain and Smyrna, and other Mediterranean countries. Special varieties of grapes were planted. Orchards of figs, of peaches, of plums soon produced bountiful harvests. With characteristic American energy, resourcefulness, and ambition these farmers sought improved varieties, cleaner and better methods of curing. Rare seedless grape cuttings were secured from hybrid vines near Constantinople. A valley nursery man barely escaped from Smyrna with his life, but he brought the guarded secret of fertilization necessary to produce the luscious Calimyrna fig.

In addition to the raisins there are three other dried fruits of major importance, peaches, prunes, and figs. The first production of peaches was not satisfactory for drying purposes. Those that ripened early enough were watery, and when dried left a shapeless, tough fruit. Firmer kinds ripened too late in the Summer to get the full benefit of the sun. After much experimentation several new varieties were propagated to ripen in mid-summer, and three have become universally known as the finest drying peaches. They are named the Elbertas, Lovells, and the Muirs.

A particular consistency of soil is essential to the proper production of prunes, so it is that the best are found in definitely defined localities. The first trees of the variety of plums which when dried make the best prunes were brought from France in 1856.

Of figs, California is acknowledged to produce the finest varieties and to have developed to the greatest degree processing and packing for the assurance to housewives that the fruit is and will remain in the best possible condition until used.

With a serious application of the farmers of California to the production of dried fruits the older countries one by one lost their markets.

In 1892 Spain gave up the lead in raisins.

Dried peaches have been for years almost exclusively an American product.

By 1896 prune imports from Germany and France were less than California exports.

Something of the history and development of these various branches of the fruit industry is told briefly in later chapters of this book.

Thus we see that these California valleys have rewarded us all, and that today in the market place at Cairo one may purchase a package of Sun-Maid raisins or a pound of dried fruit from California. Only the center of production has moved—the demand for sun-dried fruits is forever world-wide.





From California Vineyards

The great San Joaquin and Sacramento valleys together are 375 miles long and 80 miles wide. Here 17,500 vineyardists, owning an average of about 20 acres each, work together in a cooperative association to produce the finest possible quality of raisins.

Ninety-five per cent of all the raisins eaten by the American people come from these valleys and thousands of tons are sent each year to foreign lands. The raisins produced by the cooperative growers, under the name "Sun-Maid", are favorably known throughout the world. These growers own their own great packing houses, where the raisins are sorted to eliminate from food channels all but the best, stemmed and seeded or otherwise made ready for shipment, their own research laboratories where curing and packing methods are perfected. The plants are marvels of modern efficiency and cleanliness.

Grapevines are planted in parallel rows eight to ten feet apart, and each year cut back to permit cultivation between the rows. Three special kinds of grapes are the most widely used for raisins. All are white grapes, rich in sugar and very tender skinned. Only two of the three kinds are sold by grocers; the Sultana, a tart seedless variety, is principally used by bakers.

The vines begin bearing in three or four years and continue to produce for 25 to 100 years. The Thompson and Sultana vines are connected by a network of wire along which the vines run to make, when in leaf, a great green carpet over the field four feet from the ground. The Muscat vines are not connected, but dot the field with low, rounded individual bushes. In August or September the centers of the rows are smoothed down and wooden trays are distributed in preparation for the harvest.

When the grapes have reached the ripest, sweetest stage the bunches are cut from the vines and carefully laid on trays exposed to the hot sun. They are turned after a few days, to expose the opposite side of the bunches to the sun.

On these trays the warm sun literally "preserves" the grapes in their own sugar. Every woman knows that jam will spoil if too little sugar is used. So it is that the co-operative association sets a standard of sugar content which must be attained before grapes for drying may be picked and delivered to the association.

The Muscat, a wonderfully flavored white table grape, as large as the end of a man's thumb, is so tender skinned and bursting with fruit sugar that it is difficult to ship fresh even in our modern refrigerator cars without injuring the fruit.

"Puffed" and "Nectars" raisins

From Muscats come "Puffed" raisins. A secret process for removing the seeds and packing the seeded Muscats leaves them loose in the carton, not sticky as the old-fashioned seeded raisins were. And, too, they retain the juice and flavor formerly largely lost in the seeding. This process is one of the great results the growers' company has achieved through research.

The fresh seedless grape is delicately flavored, and heretofore lost some of its taste in curing. Now an exclusive packing process retains even the fragrance of the fresh grapes, and gives us plump, tender raisins called "Nectars". How different these new Nectars from the seedless raisins we've known before! Not dry, but moist, as if the nectar in the grapes had suddenly jelled.

What the chemist finds

The chemist will tell you of the value of a high fruit sugar content, in a practically predigested form, in raisins. He will measure the high energy content this sugar gives. And the mineral salts, which all of our bodies require, he finds in striking amounts. (See page 12.)

The food value per pound of raisins is 1,562 calories. A 100 calorie portion is 29 grams (30 grams equal 1 ounce).



The name peaches is a derivation of "Persian apple" but the origin of the fruit dates way back to ten centuries B. C. They are mentioned under the names To and Toa by Chinese writers of that time, and by Confucius 500 years later.

At Coloma, California, where gold was discovered in 1849, there was a peach tree which bore 450 peaches in 1854. The peaches were sold for \$3.00 each, giving the thrifty miner \$1,350 for the crop of one peach tree, which still stands as a record. In 1855 six peach trees in the same vicinity produced 1,100 peaches which sold for \$1.00 each. Some of these trees are still bearing fruit.

Peach trees now lead in numbers planted in California, with prunes in second place. Until 1882, when the Lovell and Muir varieties were developed, California growers had not planted enough orchards to place the peach in a commercial classification. But these two new peaches were produced after much experimentation and labor in response to a demand for a perfect drying peach. Many efforts have been made to improve on the work of the early horticulturists who produced these varieties but none have succeeded.

The improvements have come from cooperation in growing, packing and marketing through the California Peach and Fig Growers Association, a cooperative organization, and the method of curing and packing peaches is interesting indeed.

When the sun has added the last touch of perfection to the fruit, pickers strip the trees. Fast "cutters" cut the peaches in halves, remove the pit and spread the luscious halved fruit on trays.

The fruit then passes through sterilizers and into the sun again, each cup filled with syrup which is formed

during the evaporation of the water content of each peach; dries for ten days in the sun, for five days more in shaded stacks of trays. Large boxes are filled with the fruit, to equalize moisture and protect the peaches until delivery to the packing plants.

Through the packing plant

Then the sun-dried halves must pass expert inspectors at the plants. The selected fruit is to be packed in cartons for housewives. And one may follow a delivery from the receiving platform to the sealed package in the shipping room.

Over the grading screens first, and we watch a number of large halves move proudly past the small holes, give way at last, and tumble through into a bin of other fruit of the same perfect kind. Next a bath in a tank of clear cold water to take off any dust the peaches might carry. Now in and out of boiling water to completely sterilize them.

But our dried peaches still have their fuzzy skins, much like the kind we used to buy in bulk! So they must go through the "peeler". A set of whirling brushes delicately adjusted over a meshed wire screen scrubs so thoroughly that only a protecting film of smooth skin is left.

To be absolutely sure that the fruit sent to housewives may be at its best when it reaches them, ten- or twelve-hour fumigation is now added to the packing process.

Eat peaches like candy

At last those halved peaches, which looked very good as the grower delivered them, come with added attractiveness to the best room of all—the packing room. There's a fragrance all about us, from the fruit. Visitors marvel at the delightful flavor as they eat dried peaches here like candy.

Uniformed girls select the fruit, pack and weigh the packages. Then the cartons are sealed, cased, put in freight cars and sent on their way to homes in every country—so that we may have finer desserts and fruit dishes any month in the twelve, in any climate anywhere in the world.

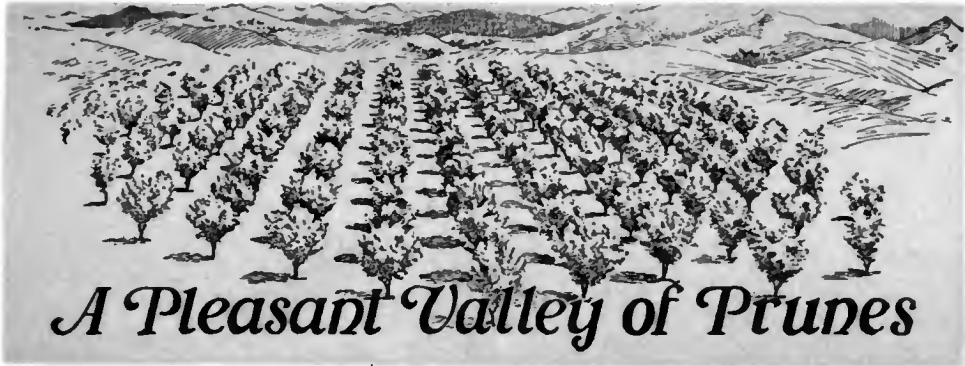


The Three California Figs

Fig plantings from the shores of the Adriatic were brought to America a hundred years ago, being introduced in California somewhat later. Today, while there are some forty distinct variations of this parent "Adriatic" which makes up three-fourths of California's dried fig tonnage, none of them are identical with the European variety. The meat is fuller, the seeds are fewer, and the skin is tenderer. Practically all of the variations have the same characteristics. When the fruit is ripe the skin is bright golden green, turning to amber as it dries. The meat is light red, the skin heavy but soft and pliable. The fiber of the so-called Adriatic is firm; a fine type for cooking.

Soon after the introduction of the Adriatic fig into California there came the Smyrna fig, which failed to produce as expected until a California orchardist discovered while in Smyrna that the fertilization of the Smyrna fig was caused by the introduction of pollen from the Capri fig into the bud of the Smyrna fig by a minute wasp. Returning to this country with a goodly number of his wasp friends, this man succeeded in producing a fig with a very rich and pleasing flavor, which he called the Calimyrna. The Calimyrna is the choicest for eating from the hand.

Fifty years before the introduction of the Adriatic fig to America, the Franciscan Fathers, who established the now famous missions among the California Indians, planted one especial fig at each of these churches, a black variety with small seeds and distinctive flavor. They used this black fig fresh, dried, and for wine-making, and in honor of these pioneer missionaries this variety is called the Mission fig. It is sought by epicures but comprises scarcely two per cent of the California production.



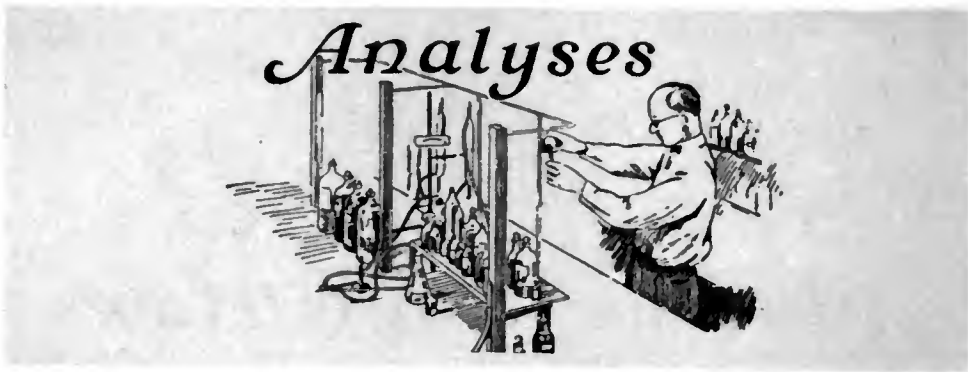
A "snow-storm" of perfumed white blossoms greets the early Santa Clara valley Spring. The prune orchards are in bloom. With the coming of Summer the trees are loaded with purple fruit—beautiful "plums" the size of a walnut.

The prune is a hardy tree, but requires a fertile, easily worked soil. It must be irrigated almost continually until the fruit is matured. Fresh ripe prunes even then are not as juicy as other plums. They would be small, hard, and too dry to use if not irrigated regularly.

Prune trees are set in rows twenty feet apart. Until the fruit is dead ripe it is allowed to cling to the tree. After it is picked it is dipped in a hot solution and sent through a clear rinse, to crack the skin and to facilitate drying. Because large prunes dry more slowly they are picked out and put on separate trays. The drying is done two ways. Some growers spread the trays in the sun and others use dehydrators. When the fruit is sufficiently cured it is boxed to equalize the moisture.

At the packing house the fruit is accurately graded, sterilized again, and packed in cartons or boxes for shipment all over the world. The smaller sizes are in greatest demand in central Europe; the medium size, packed in cartons, finds most of its buyers among American housewives; this size has the highest percentage of edible portion. Extra-large sizes are scarce and preferred by only a few cooks.

The value of prunes in the diet can not be too strongly stressed. Mineral salts, fruit sugar, "roughage" of skin and fiber, appetizing flavor with economy and availability make prunes one of nature's richest gifts.



Raisins

Moisture	20.0
Protein	3.9
Fat	0.5
Sugar	70.0
Total Carbohydrates	73.4
Ash	2.0
Fiber	0.7

Prunes

Moisture	25.1
Protein	2.6
Fat	0.6
Sugar	45.0
Total Carbohydrates	70.8
Ash	1.5
Fiber	1.3

Peaches

Dried (Practically Peeled)

Moisture	20.4
Protein	4.0
Fat	0.8
Sugar	36.0
Total Carbohydrates	72.2
Ash	3.4
Fiber	5.6

Figs

Moisture	18.0
Protein	4.5
Fat	0.6
Sugar	42.0
Total Carbohydrates	75.3
Ash	2.2
Fiber	6.0

Dried Fruit Cooking Hints



1. Measure accurately, using standard measuring cups and measuring spoons. If ordinary teaspoon or tablespoon is used, dip the spoon in ingredient, fill, lift and level with a knife. Divide with knife lengthwise of spoon for a half spoonful. Divide halves crosswise for quarters and quarters crosswise for eighths.
2. Solid fat may be measured by packing into a cup, but an easier method is by displacement with water. If the recipe calls for $\frac{1}{2}$ cup fat, fill cup $\frac{1}{2}$ full of cold water, then add sufficient fat to make water come to top edge. Pour off water and shortening is accurate.
3. Sift flour once before measuring.
4. If dry ingredients, liquid and fats are called for in same recipe, measure in the order given, thereby using only the one cup. Otherwise be sure cups are uniform in volume.
5. When beginning to work be sure oven will be ready for use when needed.
6. Assemble all ingredients and utensils on work table before starting. These may be determined by reading recipe through carefully. Grease pans for puddings and cakes before mixing is started.
7. Cakes are done when they shrink from sides of the pans. They may be tested with toothpicks. If the toothpick comes out clean with no cake sticking to it the cake has baked long enough.
8. Three methods of combining ingredients:
 1. To stir, mix by using a circular motion, widening the circles until all is blended.
 2. To beat, turn ingredients over and over, continually bringing the under part to the surface.

3. To cut and fold, introduce one ingredient or mixture by two motions with a spoon: a repeated vertical downward motion, known as cutting; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, known as folding. These motions are alternated until blending is accomplished.
9. To plump raisins: cover with cold water, bring to the boiling point, boil 5 minutes and drain. Liquid may be used for cakes or sauces.
10. To chop raisins directly from the box: heat food chopper in boiling water and then raisins will go through without sticking. Chopper need not be heated for plumped raisins.
11. To soften peaches for puree: either soak over night, or chop and cook until tender.
12. For an interesting peach sauce: wash peaches in hot water, remove thin film, add $\frac{1}{3}$ cup sugar to each cup peaches, cover with fresh boiling water and allow to stand over night.
13. Prunes which have been soaked over night are best for salads, and are excellent for sauce. No cooking.
14. For many people raisins improve the flavor of any meat. Try this sauce with ham:

2 Tbsp. butter 2 Tbsp. flour
 2 cups cider $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup Sun-Maid Nectars raisins

Melt butter, add flour, mix until smooth, add cider and cook until creamy. Add salt and raisins.

15. Raisins blend well with sweet potatoes in any form. Try this:

1 $\frac{1}{2}$ pounds sliced ham 3 sweet potatoes
 (center cut) 1 cup brown sugar
 2 cups scalded milk pepper
 1 cup Sun-Maid Puffed raisins

Place ham in baking dish. Cover with raisins, sweet potatoes, pared and cut lengthwise. Sprinkle with pepper and brown sugar. Add milk, cover pan and bake in moderate oven (350° F.) 1 $\frac{1}{2}$ hours. Last half hour remove cover that potatoes may brown.

Salads

Fig Crisp Salad

1 cup celery pieces *¼ cup French dressing*
mayonnaise *lettuce*
1 cup cooked Blue Ribbon Figs
¼ cup Sun-Maid Nectars raisins (plumped)

Clip stem end from figs and cut in two lengthwise. Mix together figs, raisins and celery with the French dressing and allow to stand a few minutes in cold place. Serve on crisp lettuce with a garnish of mayonnaise.

Peach Salad

½ pint cottage cheese *1 Tbsp. chopped green*
¼ tsp. salt *pepper*
1 Tbsp. mayonnaise *2 drops tabasco sauce*
lettuce
2 cups cooked sweetened Blue Ribbon Peaches

Cut peaches in quarters and mix with cheese, green pepper, salt, tabasco sauce and mayonnaise. Serve on crisp lettuce with French dressing.

Jellied Raisin Vegetable Salad

1 Tbsp. granulated gelatine *¼ cup boiling water*
¼ cup sugar *¼ cup vinegar*
2 Tbsp. lemon juice *1 tsp. salt*
1 cup cucumber cubes *½ cup cooked or canned*
¼ cup cold water *peas, or green beans*
1 cup Sun-Maid Puffed raisins (plumped)

Soften gelatine in cold water for 5 minutes, then dissolve in boiling water. Add sugar, vinegar, lemon juice and salt. Set aside to cool and when mixture begins to harden add the plumped raisins and vegetables. Rinse mold in cold water, then turn in the mixture. When firm, turn out on platter on which lettuce has been arranged. Garnish with mayonnaise and slices of pickled beets. Arrange thin slices of cold meat on the platter around the jelly.

Raisin Tuna Mousse

1 Tbsp. granulated gelatine ¾ cup water
1 cup flaked tuna fish, speck ½ tsp. powdered mustard
cayenne pepper or pap- in 1 tsp. vinegar
rika ½ cup whipped cream
½ cup Sun-Maid Nectars raisins

Plump raisins. Drain, chill. Soak gelatine in cold water; dissolve over hot water, add to tuna and raisins; when cold, add mustard, pepper and whipped cream beaten stiff. Fold together and pour into cold wet molds. When firm, unmold on lettuce, serve with mayonnaise.

Famous Cook's Salad

1 ½ Tbsp. gelatine ¼ cup cold water
1 ¾ cups peach juice ½ cup sugar
2 Tbsp. lemon juice ½ cup shredded cocoanut
1 cup apple cubes ¼ tsp. salt
lettuce mayonnaise
1 cup Blue Ribbon Peaches (stewed and sliced)

Soften gelatine in cold water for 5 minutes, then dissolve in boiling peach juice. Add sugar, salt and strained lemon juice, stir until dissolved. Set in cold place and when mixture begins to get firm add sliced peaches, apple cubes and cocoanut. Pour into 6 individual molds which have been rinsed with cold water. When firm turn out on lettuce, place Tbsp. mayonnaise on each and garnish with a dash of paprika.

Raisin Pineapple Sandwich

6 slices pineapple ½ pint cottage cheese
¼ cup cream or mayonnaise 6 pimienta stuffed olives
¾ cup Sun-Maid Nectars raisins (plumped)

Drain plumped raisins, chill and chop. Make two thin slices out of each slice of pineapple. Mix cottage cheese, chopped raisins and cream or mayonnaise to a paste. Salt to taste, place between slices of pineapple, making sandwich. Garnish with olives, sliced. Chill, serve on lettuce.

Raisin Mayonnaise

Add ½ cup Sun-Maid Nectars raisins (plumped and chilled) to 1 cup mayonnaise. Mix thoroughly.

Filled Prune Salad

4 Tbsp. Camembert cheese 1 Tbsp. chopped onion
1 Tbsp. chopped celery 1 Tbsp. chopped green
¼ tsp. salt pepper
lettuce, mayonnaise French dressing
2 cups cooked Sun-Maid Prunes

With a fork mix cheese, onion, celery, green pepper, salt and mayonnaise together to a paste. Split and take seeds from prunes. Fill cavities with this mixture. Serve on lettuce with French dressing.

Fig Vegetable Salad

1 cup cooked green string beans 1 tsp. salt
1 cup cooked diced beets French dressing
1 cup cucumber cubes lettuce.
Sun-Maid raisin mayonnaise

2 cups cooked Blue Ribbon Figs

Cut figs in halves. Combine figs with beans, diced beets and cucumber cubes. Add salt and mix lightly. Marinate with French dressing and allow to stand a few minutes. Serve on lettuce with raisin mayonnaise.



Puddings

Mrs. De Graf's Holiday Plum Pudding

<i>1 cup soft bread crumbs</i>	<i>1 cup finely chopped suet</i>
<i>1 cup chopped apples</i>	<i>½ cup brown sugar</i>
<i>½ cup chopped walnuts</i>	<i>½ cup sliced citron</i>
<i>½ cup flour</i>	<i>½ tsp. each nutmeg and</i>
<i>¼ tsp. cloves</i>	<i>cinnamon</i>
<i>½ tsp. salt</i>	<i>2 eggs, beaten well</i>
<i>½ cup milk</i>	

1 cup Sun-Maid Puffed raisins

1 cup Sun-Maid Nectars raisins

Mix bread crumbs, suet, chopped apples, sugar, fruits and nuts; sift flour, spices and salt. Combine mixtures, add eggs and milk. Butter a covered mold well and dredge with sugar. Have a kettle half full of boiling water; place a rack or plate on the bottom, set the tightly covered mold on the rack and cover kettle. Keep water constantly boiling until pudding is cooked, about 2 hours. Serve with a hard or foamy sauce.

Fruit Bavarian Fluff

<i>1 cup milk</i>	<i>2 egg yolks</i>
<i>3 Tbsp. sugar</i>	<i>½ tsp. vanilla</i>
<i>2 tsp. granulated gelatine</i>	<i>2 Tbsp. cold water</i>
<i>1 cup whipped cream</i>	<i>4 slices pineapple</i>
<i>1 cup cooked Blue Ribbon Peaches</i>	
<i>1 cup cooked Blue Ribbon Figs</i>	
<i>½ cup cooked Sun-Maid Prunes</i>	

Dry all fruit on a towel before adding to mixture. Scald milk in double boiler. Pour over the egg yolks which have been mixed with sugar. Return to double boiler and cook until custard coats the spoon. Remove and add gelatine which has been softened in cold water. Then add cut fruit, vanilla and whipped cream. Mix lightly and set aside to harden.

Steamed Ginger Pudding

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|----------------|-----------------|
| 1 egg | 1 cup molasses |
| ½ cup butter | 1 cup hot water |
| 1 Tbsp. ginger | 1 tsp. soda |
| 2½ cups flour | |

2 cups of any of the following fruits:

Sun-Maid Nectars raisins (either whole or chopped)

Blue Ribbon Figs (stem and chop)

Sun-Maid Prunes (remove pits and chop)

Blue Ribbon Peaches (wash in hot water and chop)

Beat egg in a mixing bowl. Add molasses, melted butter, chopped fruit and beat thoroughly. Add flour sifted with ginger and soda, then hot water. Beat thoroughly. Put in greased shallow pans and steam 1 hour. Serve with lemon sauce. (See Page 35.)

Raisin Moonlight

- | | |
|-----------------------------|--------------------|
| 1 Tbsp. granulated gelatine | 2 Tbsp. cold water |
| 2 egg yolks | 1 cup milk |
| ¼ tsp. salt | ¼ cup sugar |
| 12 marshmallows | ½ tsp. vanilla |
| 1 cup whipping cream | 2 slices pineapple |

1 cup *Sun-Maid Nectars raisins (plumped)*

Soften gelatine in cold water. Scald milk in double boiler, pour over egg yolks which have been mixed with sugar and salt. Return to boiler and cook until custard coats the spoon. Remove from fire, add vanilla and softened gelatine and stir until dissolved. Add marshmallows while custard is hot to melt them partially. Then add fruit and set aside. Serve in sherbet glasses.



Mrs. De Graf's Creamy Rice Pudding

2 cups milk	2 Tbsp. rice
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ cup sugar
1 tsp. vanilla	

1 cup Sun-Maid Nectars raisins

Wash rice thoroughly and drain; place in a buttered pudding dish and pour in milk. Bake in a slow oven for about 1 $\frac{1}{2}$ hours, stirring occasionally; add remaining ingredients and bake from $\frac{1}{2}$ to 1 hour without stirring.

Raisin Custard Bread Pudding

1 thick slice of bread	2 cups scalded milk
$\frac{1}{3}$ cup sugar	2 eggs
1 tsp. vanilla	grating of nutmeg

1 cup Sun-Maid raisins

Soak bread in cold water to cover 15 minutes, then press dry and measure 1 cupful. Beat eggs, add sugar, hot milk, bread crumbs, raisins, and flavoring. Pour into a buttered baking dish, sprinkle with nutmeg. Set in a pan of hot water and bake in a moderate oven until firm. Or, omit 1 egg white for a meringue. When pudding is baked, spread with jelly or jam, add meringue and brown in a slow oven. Serve hot or cold.

Mrs. De Graf's Raisin Tapioca Pudding

$\frac{1}{4}$ cup instant tapioca	2 cups scalded milk
$\frac{1}{2}$ cup sugar	2 egg yolks
$\frac{1}{8}$ tsp. salt	2 egg whites
3 Tbsp. sugar	1 tsp. vanilla

$\frac{1}{2}$ cup Sun-Maid Nectars raisins

Scald milk in a double boiler; add tapioca and cook until transparent. Beat yolks of eggs, add sugar, then add to hot mixture. Cook, stirring constantly, until creamy, then add salt, vanilla, and raisins. Pour into a serving dish. Beat whites of eggs stiff, add sugar gradually, beating well, and pile on pudding, or mix lightly.

Luncheon Dessert

8 slices sponge cake	$\frac{1}{2}$ pint whipping cream
1 cup strawberry preserves	$\frac{1}{8}$ tsp. salt
1 tsp. lemon juice	1 tsp. vanilla

1 cup cooked Blue Ribbon Figs (chopped)

Mix and serve on cake.

Cakes

Raisin Pound Cake

- | | |
|-----------------------------------------------------|---------------------------|
| $\frac{1}{2}$ pound butter | 4 eggs |
| $2\frac{3}{4}$ cups powdered sugar | $1\frac{1}{2}$ cups milk |
| $\frac{1}{4}$ tsp. salt | $4\frac{3}{4}$ cups flour |
| $1\frac{1}{2}$ tsp. baking powder | 1 tsp. mace |
| 1 Tbsp. vanilla | |
| 2 cups Sun-Maid Nectars raisins (directly from box) | |

Sift powdered sugar and cream with the butter. Add eggs one at a time, creaming well before adding another. Add milk, then flour which has been sifted with baking powder, salt and mace. Add vanilla and fruit and beat thoroughly. Bake in 2 small greased paper-lined loaf pans in a slow oven (250° F.) about $1\frac{1}{2}$ hours.

Holiday Fruit Cake

- | | |
|-------------------------|----------------------------|
| 1 cup butter | 2 cups brown sugar |
| 5 eggs separated | 3 cups flour |
| 1 tsp. cinnamon | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{2}$ tsp. mace | $\frac{1}{2}$ tsp. soda |
| 1 tsp. baking powder | $\frac{1}{2}$ cup citron |
| 1 cup candied pineapple | $\frac{1}{4}$ cup molasses |
| 1 Tbsp. lemon juice | 1 square chocolate |
| 2 tsp. vanilla | 2 cups Sun-Maid Prunes |
| 2 cups Blue Ribbon Figs | |

3 cups Sun-Maid Nectars raisins

Preparation of fruits: Cut citron in slices. Wash sugar from pineapple, dry and cut in slices. Wash figs and prunes. Boil 10 minutes. Dry and chop. Use raisins directly from box.

Cream together butter and sugar, add beaten yolks, melted chocolate, molasses, lemon juice and mix well. Combine with flour which has been sifted with spices, baking powder and soda. Add all fruits, vanilla, and mix thoroughly. Fold in stiffly beaten egg whites. Pour into a paper-lined pan, one with hole in center is very good. Tie paper over top of pan. Steam $1\frac{1}{2}$ hours. Remove paper and bake $\frac{1}{2}$ hour in slow oven (250° F.).

Peach Cocoanut Macaroons

4 cups cocoanut

1 can sweetened condensed
milk

1 tsp. vanilla

1 cup chopped Blue Ribbon Peaches

Wash peaches thoroughly, then put through medium food cutter. Mix ingredients in order given. Drop from teaspoon on greased baking pan. Bake in a slow oven (250° F.) 5 to 8 minutes or until macaroons are a golden brown on top and bottom. Remove from pan at once.

Mary Dean's Standard Cake

$\frac{1}{2}$ cup shortening

1 cup sugar

2 eggs

$\frac{3}{4}$ cup milk or fruit liquid

2 $\frac{1}{4}$ cups flour

4 tsp. baking powder

1 tsp. vanilla

$\frac{1}{4}$ tsp. salt

1 cup of any of the following fruits:

Plumped Sun-Maid Raisins (chopped or whole)

Sun-Maid Prunes

Blue Ribbon Peaches

Blue Ribbon Figs (cooked and cut)

Cream shortening with sugar, add egg yolks, liquid and fruit. Beat well. Add flour sifted with baking powder and salt. Add vanilla, mix well, then fold in stiffly beaten egg whites. Bake in greased gem tins, loaf pan or 3 layer tins.

Raisin Devil's Food Cake

1 cup sugar

$\frac{1}{2}$ cup shortening

4 eggs separated

$\frac{3}{4}$ cup sour cream

3 squares chocolate

$\frac{1}{2}$ cup raisin juice from
plumped raisins

2 $\frac{1}{2}$ cups flour

$\frac{1}{2}$ tsp. salt

4 tsp. baking powder

1 tsp. soda

1 tsp. vanilla

1 cup Sun-Maid Nectars raisins (plumped)

Cut chocolate in pieces, add raisin juice and cook until thick, cool slightly before adding to cake. Cream shortening with sugar. Add beaten egg yolks, sour cream and chocolate. Combine with flour sifted with baking powder, salt and soda. Mix well. Add beaten egg whites, raisins, vanilla, and beat thoroughly. Bake in greased loaf pan, 3 layer tins or gem tins. Use your favorite icing.

Peach Feather Cake

- | | |
|-------------------------------|---------------------------------|
| $\frac{1}{2}$ cup shortening | 1 cup sugar |
| 2 $\frac{1}{4}$ cups flour | 3 tsp. baking powder |
| 1 tsp. orange juice | $\frac{3}{4}$ cup milk |
| $\frac{1}{2}$ tsp. lemon rind | $\frac{1}{2}$ tsp. lemon juice |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ tsp. orange juice |
| | 5 egg whites |

1 cup chopped Blue Ribbon Peaches

Wash peaches in hot water, drain, dry on towel and chop. Cream shortening with sugar, add chopped peaches and mix well. Combine with milk, orange juice, lemon juice, orange rind and lemon rind. Add flour sifted with baking powder and salt. Beat thoroughly and then fold in stiffly beaten egg whites. Bake in 2 deep greased layer pans 20 minutes in a moderate oven (350° F.). Put layers together with custard made with egg yolks.

Fruit Angel Food

- | | |
|------------------------|----------------------------|
| 9 egg whites | 1 $\frac{1}{4}$ cups sugar |
| 1 cup flour | $\frac{1}{4}$ tsp. salt |
| 1 tsp. cream of tartar | 1 tsp. vanilla |

1 cup of any of the following fruits:

Sun-Maid Nectars raisins (plumped)

Sun-Maid Prunes or Blue Ribbon Peaches or

Blue Ribbon Figs (washed in hot water, boiled

10 minutes, drained and chopped)

Sift sugar twice, sift flour 4 times. Beat egg whites until stiff with salt and cream of tartar. Fold in sugar gradually, then flour and vanilla. Fold in fruit. Pour into ungreased Angel food pan. Bake 1 hour in slow oven (250° F.). Allow to stand inverted 24 hours before serving.



Shortcakes

Foundation Biscuits

2 cups flour
1/2 tsp. salt
4 Tbsp. shortening
4 tsp. baking powder
2 Tbsp. sugar
3/4 cup milk

Sift dry ingredients. Cut in shortening, and add sufficient milk to make a soft dough. Pat 1/4 inch thick. Cut in 2 inch rounds. Place half of rounds on a baking pan, spread with butter and place the remaining halves on top. Bake in hot oven (400 to 450° F.) 10 to 12 minutes. Separate halves of cake, add more butter if desired, and place a spoonful of fruit between and on top. Serve plain or with whipped cream.

Raisin Shortcake

2 cups water
2 Tbsp. orange juice
2 Tbsp. cornstarch
1 tsp. grated orange rind
1/2 cup sugar

2 cups Sun-Maid Nectars raisins

Cook raisins and water for 10 minutes. Mix sugar and cornstarch and add gradually to cooking raisins, then continue cooking until mixture is thick, stirring constantly. Remove from fire; add grated orange rind and juice.

Prune Shortcake

1 1/2 cups water
2 Tbsp. butter
1/2 cup sugar

1 1/2 cups Sun-Maid Prunes

Cover prunes with sugar and water in a casserole and bake 1 1/2 hours. When cool remove pits from prunes, add butter and reheat to serve on biscuits.

Fig Shortcake

2 cups water
1 cup sugar
20 Blue Ribbon Figs

Cut figs into quarters and simmer in hot water to cover 40 minutes. Add sugar and cook until dissolved.

Peach Shortcake

Prepare peaches as for ice cream. (Page 34).

Breads

Fig Whole Wheat Bread

2 cups whole wheat flour	1 cup bread flour
1 tsp. soda	1 Tbsp. baking powder
1 tsp. salt	5 Tbsp. brown sugar
½ cup chopped nut meats	½ cup molasses
¾ cup milk	½ cup water
2 Tbsp. shortening	

1 cup *Blue Ribbon Figs* (chopped)

Mix and sift dry ingredients. Add chopped figs and nuts. Mix molasses, milk, water and melted shortening and add to first mixture. Pour into greased bread pan and let stand 20 minutes. Bake in a slow oven (250 to 275° F.) 1 to 1½ hours.

Raisin Whole Wheat Griddle Cakes

1 cup whole wheat flour	2 tsp. baking powder
¼ tsp. salt	1 cup sour milk
1 egg, ½ tsp. soda	1 Tbsp. melted shortening

1 cup *Sun-Maid Nectars* raisins

Beat egg, add milk. Sift flour with baking powder, salt and soda. Combine mixture, beat thoroughly, then add raisins. Bake on hot greased griddle.

Raisin Waffles

1 ¼ cups flour	⅓ cup bran	2 eggs
½ tsp. salt	1 cup milk	3 tsp. baking powder
1 Tbsp. melted shortening		

1 cup *Sun-Maid Nectars* raisins

Sift together dry ingredients. Beat eggs, add milk, butter and combine with other ingredients. Raisins may be added to batter from the box, may be sprinkled on the batter when first poured on griddle, may be plumped and used whole, plumped and chopped, or chopped directly from the box by heating the food chopper in boiling water. Pour onto hot greased waffle iron and cook until brown on both sides. *Blue Ribbon Figs* may be substituted for raisins with excellent results.

Peach Bran Bread

1 egg	2 Tbsp. shortening
$\frac{1}{3}$ cup sugar	1 cup sour milk
2 $\frac{1}{4}$ cups flour	1 cup bran
1 tsp. soda	4 tsp. baking powder
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup chopped nuts

1 cup Blue Ribbon Peaches

Wash peaches, boil 10 minutes, drain and chop. Beat egg, add sugar creamed with shortening, sour milk, bran and beat thoroughly. Combine with flour sifted with baking powder, soda and salt. Add peaches, nuts, and when well mixed pour into a greased paper-lined bread pan. Bake 1 hour in slow oven (250 to 275° F.).

Raisin Sugar Buns

2 cups milk	1 compressed yeast cake
$\frac{1}{4}$ cup lukewarm water	4 Tbsp. sugar
4 Tbsp. shortening	1 $\frac{1}{2}$ tsp. salt
6 cups flour	

3 cups Sun-Maid Nectars raisins

Soften yeast in lukewarm water. Scald milk and pour over sugar, shortening and salt. When lukewarm add yeast, raisins and flour. Mix well and knead lightly on floured board. When smooth place in a greased bowl and set in a warm place to rise. When it has doubled its bulk roll out to 1 inch thickness. Spread with softened butter, sprinkling of sugar and cinnamon mixed together. Roll up and cut off in 2 inch pieces. Set in a deep pan with sugar mixture given below. Allow to rise double in bulk, then bake in moderate oven (300° F.) for 50 minutes. Remove from pans while warm, allow to stay upside down.

Sugar Mixture

1 pound sugar	$\frac{1}{2}$ pound butter
$\frac{1}{4}$ cup mild molasses	$\frac{3}{4}$ cup corn syrup
$\frac{1}{2}$ tsp. salt	2 Tbsp. flour
1 cup nuts	

Cream butter with sugar, salt and flour. Add molasses and corn syrup. Cover the bottom of two deep tins with chopped nuts. Spread a layer $\frac{1}{2}$ inch thick of sugar mixture, then place the biscuits over all.

Standard Baking Powder Biscuit

2 cups flour
1/2 tsp. salt
1 cup milk
4 tsp. baking powder
4 Tbsp. shortening

1 cup of any of the following fruits:

Sun-Maid Nectars raisins
Sun-Maid Prunes (cooked and cut)
Blue Ribbon Peaches (cooked and cut)
Blue Ribbon Figs (cooked and cut)

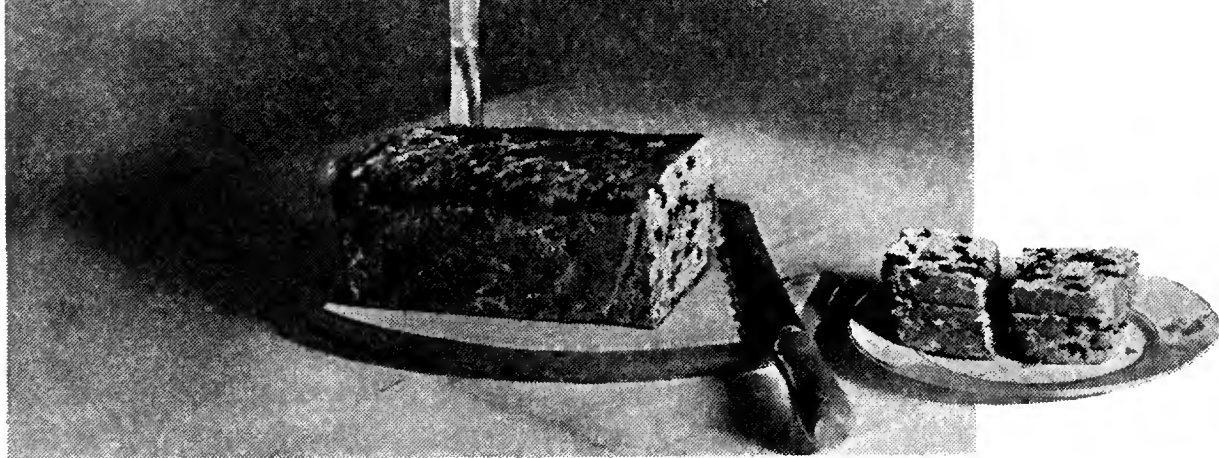
Sift flour with baking powder and salt. Cut in shortening and add fruit. Combine with sufficient milk to make a soft dough. Roll 1/2-inch thick and cut in 2-inch circles. Brush with milk and bake in a hot oven (400° F.) 15 minutes.

Fruito Bread

1 Tbsp. shortening
1 egg
1 cup sour milk
2 cups graham flour
6 tsp. baking powder
1 cup white flour
1 cup sugar
1/2 cup prune juice
1 cup chopped walnut meats
1/2 tsp. soda
1/2 tsp. salt

2 cups Sun-Maid Prunes (cooked and cut)
1 cup Blue Ribbon Figs (cooked and cut)
2 cups Sun-Maid Nectars raisins

Cream shortening with sugar; add beaten egg, milk and prune juice. Add figs, prunes, raisins, nuts and mix well. Combine with sifted dry ingredients and beat thoroughly. Bake in greased paper-lined loaf pans, 1 1/2 hours in a slow oven (250° F.). This makes 1 large or 2 small loaves.



Pies and Pastries

Miss Splint's Danish Pastries

2 cups flour	1 tsp. salt
½ cup butter	1 egg
3 Tbsp. sugar	1 Tbsp. milk
3 Tbsp. butter	½ cup chopped nuts

1 cup chopped Sun-Maid Nectars raisins

Mix and sift flour and salt. Cut in ½ cup butter with a knife. Beat the egg and milk together and mix with the dry ingredients, adding only enough liquid to hold the mixture together. Turn out on a slightly floured board, roll out thin and spread with 3 Tbsp. softened butter. Cut in 4-inch squares and sprinkle with raisins, nuts and sugar. Roll like a jelly roll and press edges together. Place rolls on a baking pan, cover with a clean, damp cloth and place in the ice chest until ready to bake (they can stand 3 hours). Brush tops with yolk of egg mixed with a little milk and sprinkle with sugar. Bake in quick oven (425° F.) for 20 to 25 min. Serve hot.

Fruit Brown Sugar Pie

4 Tbsp. butter	3 Tbsp. flour
2 Tbsp. cornstarch	2 cups evaporated milk
1½ cups brown sugar	(diluted)
2 eggs, 1 tsp. vanilla	2 Tbsp. lemon juice

1½ cups of any of these fruits chopped:

Sun-Maid Nectars raisins

Sun-Maid Prunes (washed, boiled 10 minutes)

Blue Ribbon Figs (washed, boiled 10 minutes)

Blue Ribbon Peaches (washed in hot water)

Melt butter in double boiler, stir in flour and cornstarch. When blended add milk and stir until thick and starch is cooked (15 minutes). Add sugar and when dissolved remove from fire and stir in beaten egg yolks, lemon juice, fruit and vanilla. Pour into a baked pastry shell, cover with meringue made from the 2 egg whites and bake in a slow oven (250° F.) for 12 minutes. Serve cold.

Mary Dean's Raisin Pie

1 1/2 cups boiling water *grated rind and juice of*
1 Tbsp. flour *one-half lemon*
1/2 cup sugar *1 Tbsp. butter*
1 1/2 cups Sun-Maid Puffed raisins

Cook raisins in boiling water until tender. Mix flour and sugar and add to raisins, stirring until thick. Add lemon and butter, cool slightly; bake between two crusts.

Fig Cream Pie

2 cups water *3 Tbsp. sugar*
1 Tbsp. cornstarch *1/4 tsp. salt*
1/2 tsp. cinnamon *1 tsp. orange extract*
1 cup whipping cream

1 cup Blue Ribbon Figs

Remove stem end from figs and put through the food chopper using a medium cutter. Cook figs and water slowly 40 minutes. Add sugar, cornstarch, salt and cinnamon mixed together. Cook until thick, stirring constantly. Add extract. Put in a baked pastry shell and cover with whipped cream slightly sweetened.

Raisin Peach Pie

1/2 cup brown sugar *1 Tbsp. flour*
1/2 cup liquid from peaches
1/2 cup Sun-Maid Nectars raisins
2 1/4 cups Blue Ribbon Peaches

Wash peaches in hot water, remove thin film. Slice. Cover with boiling water and cook 10 minutes. Drain, reserving 1/2 cup liquid. Fill a pastry-lined pan with the sliced peaches and raisins, sprinkle with the sugar mixed with the flour; then pour over all the liquid from the peaches. Put on top crust lattice fashion and bake in a hot oven (400° F.) until crust is brown.



Raisin-Sour Cream Pie

1 egg	1 cup sour cream
1 cup sugar	1 tsp. vinegar
1 tsp. cinnamon	1 tsp. allspice
½ tsp. lemon juice	

2 cups Sun-Maid Nectars raisins

Mix ingredients. Line tin with rich pastry and put in the filling. Cover with top crust. Put in hot oven; after 15 minutes reduce heat to moderate and bake 30 minutes.

Mrs. De Graf's Mince Meat

First Part

6 cups cooked meats (chopped)	3 cups suet (chopped)
4 cups sugar	12 cups apples (chopped)
1 quart boiled cider	2 cups shredded citron
	2 cups molasses
4 cups Sun-Maid Nectars raisins	
4 cups Sun-Maid Puffed raisins	

Second Part

2 oranges and 2 lemons (juice and grated rind)	1 glass jelly
1 Tbsp. salt	2 Tbsp. cinnamon
2 Tbsp. nutmeg	2 Tbsp. allspice
1 Tbsp. cloves	1 Tbsp. almond extract

Put all ingredients of first part in a large kettle and cook very slowly until apples are cooked and suet melted. When cooked add ingredients of second part. Put in sterilized jars and seal tightly.

Prune Lemon Pie

½ cup sugar	2 Tbsp. flour
½ tsp. cinnamon	1 Tbsp. lemon juice
1 tsp. lemon rind	½ tsp. salt
1 Tbsp. butter	½ cup prune juice
2 cups Sun-Maid Prunes (cooked and pitted)	

Mix together sugar, flour, cinnamon, salt, lemon rind, lemon juice and add to prunes and juice. Place in a pastry-lined pie pan and add butter in pieces over the top. Wet edges of crust with cold water, add top crust, with cuts to allow escape of steam and bake in a hot oven (400° F.) until the edges begin to brown, then reduce temperature to 300° F. and bake 40 minutes.

Sandwiches

Raisin Cheese Sandwich

$\frac{1}{2}$ cup American cheese	3 pieces pimiento
10 pitted green olives	bread
butter	salt and pepper

Sun-Maid Puffed raisins

Put cheese, pimiento and olives through food chopper, using medium cutter. Add enough creamed butter to make the mixture of a consistency that will spread easily. Spread half the slices of bread with the cheese mixture; cover generously with raisins, cover with the second slice of bread. Cut in small fancy shapes. Lettuce may be placed on top of the cheese mixture if desired

Bridge Club Raisin Sandwich

6 hard cooked eggs (chopped fine)	1 Tbsp. chopped onion
$\frac{1}{4}$ tsp. paprika	2 Tbsp. chili sauce
2 Tbsp. chopped celery	2 Tbsp. sweet pickles (chopped)
$1\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup thick mayonnaise
1 cup Sun-Maid Puffed raisins (chopped fine)	

Heat food chopper in boiling water and put raisins through medium cutter. Mix with other ingredients until they are well blended and will spread on buttered slices of graham bread. This recipe makes filling for eighteen sandwiches.



Four O'Clock Sandwich

$\frac{1}{3}$ cup peanut butter 1 tsp. lemon juice
1 cup Sun-Maid raisins

Put raisins through a food chopper. Mix thoroughly with peanut butter and lemon juice. Spread between buttered slices of bread.

Raisin and Bermuda Onion Filling

$\frac{1}{2}$ cup chopped Bermuda onion mayonnaise
lettuce whole wheat bread
1 cup Sun-Maid Puffed raisins (plumped and chopped)

Mix ingredients in order given, with mayonnaise to make a smooth paste. Spread between buttered whole wheat bread with lettuce.

Peach Pepper Sandwich Filling

To 1 cup Blue Ribbon Peaches cooked and finely chopped, add $\frac{1}{4}$ cup finely chopped green pepper. Season with salt, tabasco sauce and moisten with mayonnaise. Spread between buttered slices of bread using lettuce.

Cracker Sandwich

2 hard cooked eggs (chopped) 1 Tbsp. mayonnaise
 $\frac{1}{4}$ tsp. salt paprika pepper
1 cup Sun-Maid Prunes (chopped)

Remove seeds from prunes and put through food chopper using coarse cutter. Mix all ingredients together and spread between buttered crackers. Makes one dozen sandwiches. Excellent for School Lunch.

Fig Nut Filling

$\frac{1}{2}$ cup nuts (almonds) mayonnaise
butternuts, Brazil, lettuce
hickory, pecans)

1 cup Blue Ribbon Figs (chopped)

Moisten figs and nuts with mayonnaise to make smooth paste. Spread on buttered bread. Place lettuce leaf on, then second slice of bread.

Pork Raisin Sandwich

2 cups cold pork $\frac{1}{2}$ pound cheese
5 hard cooked eggs mayonnaise
2 cups Sun-Maid Puffed raisins (plumped)

Chop raisins, eggs, cheese and pork. Mix with mayonnaise and spread on bread.

Frozen Desserts

Tutti Frutti Ice Cream

- | | |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup sugar caramelized | $\frac{1}{4}$ cup sugar extra |
| 1 pint milk | 1 pint cream |
| 1 tsp. vanilla | $\frac{1}{4}$ tsp. salt |
- $\frac{1}{2}$ cup Sun-Maid Nectars raisins (plumped and chilled)
- $\frac{1}{2}$ cup Sun-Maid Prunes (boiled 1 hour with 1 inch piece of stick cinnamon, 2 slices lemon, $\frac{1}{4}$ cup sugar, and cut fine)
- $\frac{1}{2}$ cup Blue Ribbon Figs (boiled 1 hour, drained, cut in pieces)
- $\frac{1}{2}$ cup Blue Ribbon Peaches (washed in hot water, boiled 1 hour with $\frac{1}{4}$ cup sugar)

Scald 1 cup milk. Caramelize sugar and dissolve with hot milk. Add extra $\frac{1}{4}$ cup sugar. Remove from fire, add cold milk, cream, vanilla, and salt. Freeze to a mush. Add fruit and finish freezing.

Nectar Ice Cream

- | | |
|-------------------------------------|-------------------------------------|
| 1 pint milk | 1 pint whipping cream |
| 1 egg yolk | $\frac{1}{2}$ cup sugar caramelized |
| $\frac{1}{4}$ cup sugar for custard | 1 tsp. vanilla |
| $\frac{1}{4}$ tsp. salt | |

1 cup Sun-Maid Nectars raisins (plumped and chilled)

Caramelize sugar, add 1 cup scalded milk and stir until dissolved. Add remaining sugar to egg yolk and combine with milk to make a custard. Cook until the custard coats the spoon. Remove from fire and add cold milk, cream, vanilla and salt. Freeze to a mush consistency, then add raisins and continue freezing until hard.



Raisin Pudding a la Mode

2 cups boiling water $\frac{2}{3}$ cup sugar
1 cup walnuts 2 Tbsp. flour
1 tsp. vanilla 1 pint ice cream
2 cups Sun-Maid Nectars raisins

Cook raisins in boiling water until tender. Mix sugar and flour and add to raisins, stirring constantly until thick. Remove from fire and add nuts and flavoring. Cool. Serve in parfait glasses topped with ice cream.

Prune Ice Cream

1 cup prune juice 1 cup cream
1 cup milk 1 cup sugar $\frac{1}{2}$ lemon $\frac{1}{4}$ tsp. salt.
1 tsp. vanilla 1 4-inch stick cinnamon
2 cups Sun-Maid Prunes

Wash prunes and cover with sugar, lemon cut in slices, stick cinnamon and warm water to cover. Bake $1\frac{1}{2}$ hours. Remove pits and cut in small pieces. Combine prune juice with milk, cream, vanilla and salt. Freeze to a mush. Add cut prunes and finish freezing.

Fig Ice Cream

1 pint milk 1 cup cream
 $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ tsp. salt 2 eggs
1 cup fig juice 1 tsp. vanilla
 $\frac{1}{4}$ cup ground coffee 2 Tbsp. flour
 $1\frac{1}{2}$ cups Blue Ribbon Figs (cooked and cut in pieces)

Tie coffee in cheesecloth and scald with milk. Mix sugar, flour together; moisten with a little cold milk and add beaten eggs. Add to scalded milk and stir constantly until thick. Remove from fire, take out coffee bag. Add cold fig juice, cream, vanilla and salt. Freeze to a mush consistency. Add figs and finish freezing.

Sliced Peach Ice Cream

$1\frac{1}{2}$ cups sugar $\frac{1}{2}$ tsp. salt 2 cups cream 1 tsp. vanilla
2 cups milk 2 thin slices of orange
 $\frac{1}{2}$ cup peach juice 2 cups Blue Ribbon Peaches

Slice peaches, wash in hot water. Bake with $\frac{1}{2}$ cup sugar, orange slices, hot water to cover in covered dish 1 hour. Dissolve 1 cup sugar in drained peach juice. Add to cream, milk, salt and vanilla. Freeze to a mush, add sliced peaches and finish freezing.

Sauces

Mary Dean's Sweet Sauce

4 Tbsp. lemon juice 3 cups water
1½ cups brown sugar ½ tsp. cinnamon
1 Tbsp. cornstarch 1 Tbsp. cold water
2 cups Sun-Maid Nectars raisins

Cook together raisins, sugar, water, lemon juice and cinnamon for 20 minutes. Then add the cornstarch which has been mixed with the Tbsp. cold water and stir until it thickens and is clear. Serve hot.

Lemon Sauce

1 cup sugar ⅓ cup butter
2 Tbsp. flour 1 Tbsp. lemon extract
1 cup boiling water

Cream butter with sugar and flour. Add boiling water; boil one minute. Remove from fire, add lemon extract. Serve hot.

Raisin Sauce for Baked Stuffed Fish

2 Tbsp. butter ¼ tsp. pepper
1 tsp. salt 1½ cups water
1 Tbsp. brown sugar 1 small lemon
1 Tbsp. grated horse-radish (juice only)
2 Tbsp. flour speck cayenne pepper
½ cup chopped Sun-Maid Puffed raisins

Melt butter in saucepan, add flour, salt, pepper, cayenne and brown sugar. Mix well, add water and cook until mixture is thick, stirring constantly. Add raisins, horse-radish and lemon juice. Serve hot.

14 Minute Frosting

2 cups sugar 2 egg whites
½ cup cold water 1 tsp. vanilla

Mix sugar, egg whites and water in the top of the double boiler. Put over hot water and beat 14 minutes with an egg beater, remove from fire, add vanilla and stir with a spoon until cool enough to spread on the cake. Spread between layers of cake and on top and sides.

Candies

Raisin Caramels

1 cup sugar 2 cups cream ½ cup white corn syrup
1 tsp. vanilla ¼ tsp. salt ½ cup evaporated milk
1 ½ cups Sun-Maid Nectars raisins

Combine sugar, corn syrup and half the cream and bring to a good boil, then add remaining cream and milk slowly enough to keep the batch boiling constantly. Stir all the time. Cook until it will form a medium hard ball (240° F.) when tested in cold water. Remove from fire, add salt, vanilla and raisins. Pour onto a greased pan to cool. When cold cut in squares.

A medium hard ball is one that feels firm but will flatten at slight pressure between the fingers.

Raisin Cocktail

1 cup sugar 1 tsp. citric acid ¾ cup corn syrup
1 ½ Tbsp. gelatine 1 cup cold water
pink color with cherry flavor or lavender color
with grape flavor. 2 Tbsp. cold water.
1 ½ cups Sun-Maid Nectars raisins

Dissolve citric acid in the 2 Tbsp. of cold water. Add raisins and allow to stand at least 1 hour. Stir occasionally. Soften gelatine in ½ cup cold water. Boil the remaining ½ cup water and pour over the softened gelatine. Stir until dissolved. Boil together sugar, half the corn syrup and sufficient water to dissolve the grain until it forms a *stiff ball when tested in cold water, or 242°F. Remove from fire, add remaining half of corn syrup and pour mixture over the dissolved gelatine. Beat until creamy, add coloring, flavoring and beat until light and fluffy and will stay in place when lifted up on spoon and allowed to pile. Dust a greased pan with powdered sugar, and sprinkle half the raisins over the bottom. Pour on marshmallow mixture and sprinkle remaining raisins over the top. Allow to set over night. Take out on a powdered board and cut into squares. Dip in chocolate.

Fruit Souffle

2 cups sugar
 $\frac{1}{2}$ cup water
5 Tbsp. butter
 $1\frac{1}{2}$ cups marshmallow cream
1 ounce candied lemon peel
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup white corn syrup
 $\frac{1}{2}$ cup hard cocoanut butter
1 cup fondant
1 ounce candied orange peel
1 package Sun-Maid Nectars raisins

Allow mixture of corn syrup and water to come to a good boil, then add butter and cocoanut butter and cook until it will form a stiff ball (244° F.) when tested in cold water. Add half the raisins and cook until it will form a stiffer ball (248° F.) when tested in cold water. Remove from stove, add salt and chopped orange and lemon peel. Then add fondant. Mix thoroughly. Beat in the marshmallow cream and remaining raisins. Pour onto a greased slab or pan.

*A stiff ball is one that requires some pressure of the fingers to dent it.

A stiffer ball is one that is stiff to the touch, but not hard. It may still be dented, but not so easily.



Cereals

Fruit Cereal

Follow directions given on carton.

For each portion allow $\frac{1}{4}$ cup of any of the following fruits:

Sun-Maid Nectars raisins (directly from box)

Sun-Maid Prunes (remove pits, cut or chop)

Blue Ribbon Peaches (wash in hot water, cut)

Blue Ribbon Figs (remove stem ends, chop)

For quickly cooked cereals add fruit with raw cereal. If long cooked cereal add fruit $\frac{1}{2}$ hour before serving.

Prune Cereal Souffle

2 eggs (separated) $\frac{1}{2}$ cup cheese (cut in pieces)
 $\frac{1}{4}$ cup chopped green pepper $\frac{1}{2}$ teaspoon salt
3 drops tabasco sauce
 $1\frac{1}{2}$ cups left-over cereal cooked with
Sun-Maid Prunes

To beaten egg yolks add cheese, green pepper, cereal, salt and tabasco sauce. Mix thoroughly. Fold in stiffly beaten egg whites and blend slightly. Bake in greased pan until light and fluffy in a moderate oven. Serve at once.

Fig Cereal Balls

2 eggs 2 Tbsp. chopped pimiento
1 tsp. salt pepper
2 drops tabasco sauce paprika
1 Tbsp. butter cracker crumbs
2 cups left-over granulated cereal cooked with

Blue Ribbon Figs

Reheat left-over cereal in double boiler with a little water. To cereal add 1 beaten egg, salt, pepper, paprika and tabasco sauce. Add sufficient cracker crumbs to handle easily. Mix well. Shape into balls, dip in cracker crumbs, beaten egg, again in cracker crumbs and place in a greased pan. Sprinkle with paprika and a dot of butter. Bake 15 minutes in hot oven. Serve with tomato sauce.

Jams, Marmalades, Etc.

Nectar-Peach Conserve

1 cup orange juice and pulp (3 oranges) 3 Tbsp. grated orange rind (1 orange)

1 Tbsp. lemon juice 3 cups sugar

1 1/2 cups Blue Ribbon Peaches

1 package Sun-Maid Nectars raisins (plumped)

Pour boiling water over peaches and let stand 1 minute; then pour off. Cover peaches with 3 cups water and soak over night. In the morning slip skins from peaches and put back in water. Cook till tender. Meanwhile, pour boiling water over raisins, stir well and pour water off. Put plumped raisins through meat grinder. When peaches are tender add other ingredients and cook slowly, stirring often till as thick as jam. Put in sterile jelly glasses and cover with big pan or paper. When cool, seal with paraffine, steaming hot.

Orange-Raisin Marmalade

2 pounds oranges 2 pounds sugar (4 cups)

2 Tbsp. lemon juice

1 package Sun-Maid Nectars raisins (plumped)

Wash and slice oranges very, very thin. Cut into pieces; cover with 2 quarts of water and soak over night. Cook from 1 to 1 ½ hours or until fruit is tender and water reduced to ⅓ or less. Add plumped raisins and sugar to oranges. Cook quickly, stirring almost continually with a wooden paddle until it is as thick as jam. Add lemon juice if desired and put into sterile glasses. Cover at once with tin or paper and when cool, seal with paraffine.



Raisin Chutney

$\frac{1}{2}$ pound tomatoes	1 pound apples
6 small onions	1 cup mint leaves (well pressed down)
2 cups vinegar	2 tsp. dry mustard
2 cups sugar	
2 tsp. salt	

1 $\frac{1}{2}$ cups Sun-Maid Puffed raisins

Heat vinegar, add sugar, mustard and salt. Cool. Chop very finely the tomatoes, apples, onions, raisins, and mint leaves. When vinegar mixture is cold add chopped ingredients and mix thoroughly with a wooden spoon. Place in sterilized jars and seal. Ready for use in 10 days.

Grapefruit-Raisin Marmalade

2 pounds grapefruit	2 $\frac{1}{2}$ to 3 pounds sugar
2 Tbsp. lemon juice	(5 to 6 cups)

1 package Sun-Maid Puffed raisins

Wash and slice grapefruit very, very thin. Cover with 2 quarts water and soak over night. Cook from 1 to 1 $\frac{1}{2}$ hours or until fruit is tender and water cooked down to $\frac{1}{3}$. Add raisins and after 10 minutes boiling add sugar. Cook quickly, stirring almost continually until thick as jam. Add lemon juice before finishing. Put in sterile glasses. Cover at once with tin covers or paper and when cool, seal with paraffine.

Fruit Nut Conserve

1 orange (juice and pulp)	2 $\frac{1}{2}$ cups sugar
1 cup almonds (blanched and shredded)	juice of $\frac{1}{2}$ lemon

1 package Sun-Maid Nectars raisins (plumped)

1 cup Blue Ribbon Peaches

Put plumped raisins through meat grinder. Pour boiling water over peaches, then turn off. Put two cups cold water over them and let heat slowly to soften and cook. Cut peaches into small pieces, put with raisins, orange, lemon juice, almonds and sugar and cook slowly, stirring continually for 20 to 40 minutes. When thick as jam, put in sterile glasses.

Entrees, Roasts, Etc.

Fried Raisin and Rice Patties

$\frac{1}{2}$ cup raw rice	boiling water
salt	pepper
paprika	$\frac{1}{2}$ grated onion
1 egg	1 cup cracker crumbs
1 Tbsp. melted butter	

$\frac{3}{4}$ cup Sun-Maid Nectars raisins (chopped)

Heat food chopper in boiling water and put raisins through coarse cutter. Cook rice in boiling salted water until tender when crushed between the fingers. Drain. Add salt, pepper and paprika to taste. Combine with beaten egg, onion, butter, raisins and cracker crumbs. Shape with cracker crumbs to form patties. Fry in butter or butter substitute. Serve hot with tomato or Spanish sauce.

Raisin Baked Beans

2 cups navy beans	$\frac{3}{8}$ pound salt pork
1 Tbsp. salt	1 Tbsp. molasses
1 tsp. dry mustard	1 Tbsp. sugar
1 cup boiling water	

1 cup Sun-Maid Puffed raisins

Pick over and wash beans, cover with cold water and let stand over night. In morning, drain, cover with fresh water, heat slowly, then simmer until skins will burst. (Test by taking a bean on spoon and blowing on it. Skin will burst when sufficiently cooked. Throw test bean away.) Drain beans. Scald rind of pork, scrape, then cut through rind in inch squares, making gashes about 1 inch deep. Put drained beans in pot, and bury pork in them, leaving rind exposed. Mix salt, molasses, mustard and sugar with boiling water. Pour over beans with enough more boiling water to cover. Cover pot and bake slowly 6 to 8 hours, add boiling water as needed to keep beans covered. At beginning of last hour, stir raisins in carefully, leave cover off pot, and finish baking, allowing beans to brown in a hot oven.

Sweet Sour Fish

2 pounds salmon, pike, trout 6 gingersnaps
 or any other fish $\frac{1}{2}$ cup brown sugar
1 cup hot fish liquid $\frac{1}{4}$ cup vinegar
1 lemon (sliced and seeded) $\frac{1}{2}$ tsp. onion juice
 $\frac{1}{2}$ cup Sun-Maid Nectars raisins

Clean, slice and salt fish and let stand for a few hours. Rinse off salt. Boil until tender, about 10 minutes. Drain and bone, reserving 1 cup of the fish liquid. Mix the fish liquid with the other ingredients and cook until smooth and thick. Pour while hot over the fish. It must taste strong of vinegar and sugar and more of either may be added to taste. Serve either hot or cold.

Fig Croquettes

$\frac{1}{2}$ cup rice 1 $\frac{1}{2}$ cups boiling water
 $\frac{1}{2}$ tsp. salt 1 egg yolk
 1 cup Blue Ribbon Figs (chopped)

Stir rice into boiling water, allow to boil 1 minute, then remove to double boiler, add salt and when nearly done add chopped figs and continue cooking until moisture is absorbed. Add beaten egg yolk and turn out on a platter to cool. Beat 1 whole egg with 2 Tbsp. water. Shape croquettes, dip in fine crumbs then in egg and again in crumbs. Fry in deep fat that is hot enough to brown bread in 40 to 50 seconds. Serve with cheese sauce.

Escalloped Tomatoes

3 large ripe tomatoes 2 cups soft bread crumbs
3 Tbsp. butter 2 tsp. salt
 $\frac{1}{2}$ tsp. pepper 4 Tbsp. grated cheese
 1 $\frac{1}{2}$ cups Sun-Maid Prunes

Remove seeds from prunes and put them through food chopper using coarse cutter. Skin and slice tomatoes. Put layer of tomatoes in bottom of baking dish. Sprinkle half the salt, pepper, bread crumbs, butter and cheese over them. Spread on this, all the chopped prunes. Place remaining tomatoes on top of the prunes. Sprinkle with the other half of salt and pepper. Melt butter, add bread crumbs and spread over the top. Sprinkle cheese over all. Bake in moderate oven (350° F.) for 45 minutes. Serve hot.

Raisin Noodle Souffle

2 cups noodles	1 Tbsp. butter
1 cup milk	1 Tbsp. flour
salt	$\frac{1}{2}$ tsp. Worcestershire
pepper	sauce
2 eggs (separated)	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup Sun-Maid Nectars raisins	

Cook noodles in boiling salted water for 10 minutes. drain. Melt butter, stir in flour and slowly add milk, stirring constantly. Season with salt, pepper and Worcestershire sauce. Add cheese and cook until melted, add noodles, raisins and yolks of eggs well beaten. Mix thoroughly, fold in whites of eggs beaten stiff and dry. Pour in buttered baking dish and bake 40 minutes in moderate oven (350° F.).

Vegetable Loaf

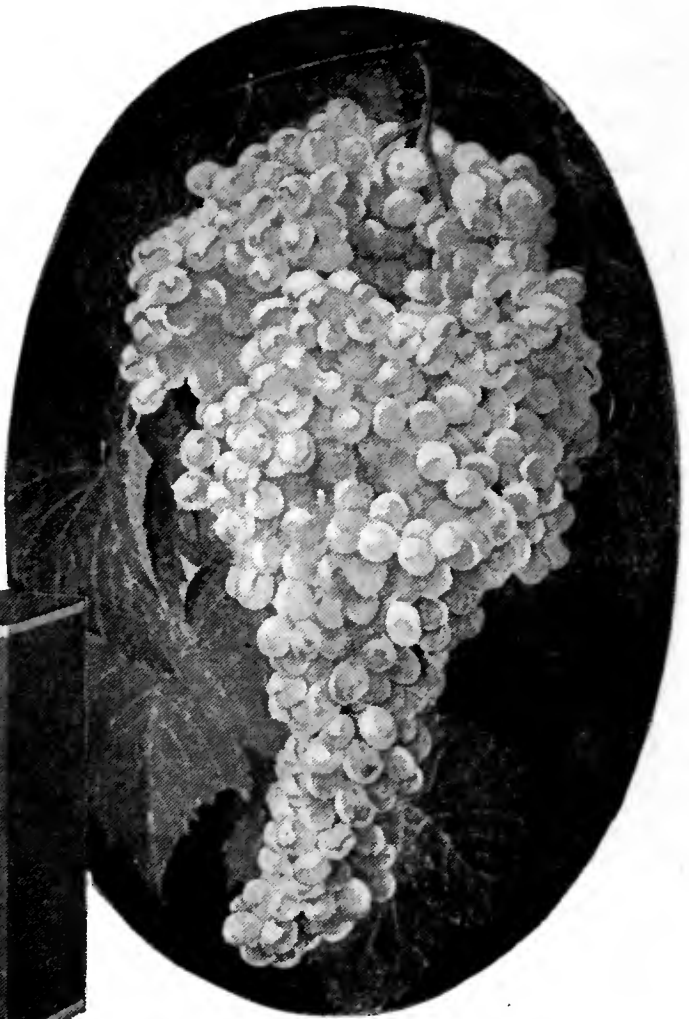
1 cup cooked peas	$\frac{1}{2}$ cup cooked green string
1 cup cooked carrots (diced)	beans
1 cup soft bread crumbs	1 egg
2 Tbsp. melted butter	1 cup milk
$\frac{1}{2}$ tsp. salt	pepper
paprika	

1 cup Sun-Maid Prunes (chopped)

Remove seeds from prunes and put through food chopper using coarse cutter. Press $\frac{1}{2}$ cup peas through a sieve. Cut string beans in half. Combine all ingredients and mix thoroughly. Turn into a greased loaf baking tin and bake 40 minutes in a moderate oven (325°F.)



*When
recipes call for*
**SEEDLESS
RAISINS**



—use

**Sun-Maid Nectars, with the flavor
of grapes full ripened on the vines**

Sun-Maid Nectars are a really wonderful improvement over ordinary seedless raisins. They taste so much like the grapes themselves—seedless grapes as you pick them full ripe from the vine. And they even smell like grapes.

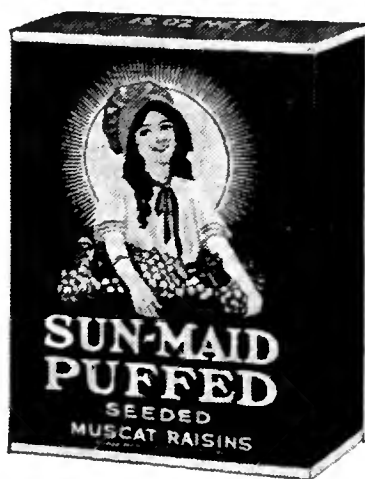
Their glistening skins are sheer and delicate; their color a rich amber. So plump and tender are these Nectars, it will seem to you that you are using grapes with their juice merely jelled!

Ask your grocer today for some Sun-Maid Nectars—to try in the very next recipe you see that calls for seedless raisins.



When recipes call for SEEDED RAISINS
use Sun-Maid Puffed ---
seeded raisins that aren't sticky

The old kind of seeded raisins you had to tear apart one by one—they were so sticky. But Sun-Maid Puffed tumble right out of the carton! All ready to use.



Great, plump raisins these are, seeded by a method that leaves them whole.

So in Sun-Maid Puffed you get all the flavor of the muscat grape—a new measure of richness for your dishes. With none of the old bother!



When recipes call for
PEACHES
use Blue Ribbon Peaches

Wonderfully tender and - - practically peeled!

That snacking, tangy goodness that dried peaches give to desserts you will get at its finest with Blue Ribbon peaches. For these are no ordinary kind!

The completely ripened fruit from California's finest orchards, Blue Ribbon peaches are richer in flavor. And they aren't hard and fuzzy like the dried peaches you've used before. These Blue Ribbon peaches have glistening, tissue-skins. They are tender, more meaty. They cook into luscious, golden halves with the most delectable, flavory juice.

The next time, get Blue Ribbon peaches, from your grocer. Use them whenever a recipe calls for peaches. But you won't stop there; you'll be tempted to "dress up" many an otherwise plain dish with their tempting, tartsweet flavor.



When recipes call for

PRUNES

use Sun-Maid Prunes

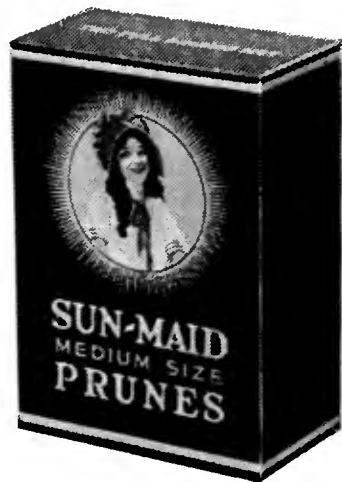
Tree-ripened, they are California's finest.

Prunes that cook into plump round "plums," so filled with fruit sugar that they need no other sweetening. Prunes with an exquisitely fine flavor. These are Sun-Maid prunes.

They are the finest of the California crop—fully ripened on the trees.

They are tender skinned; their seeds small, and all are of the natural, medium size. Sun-Maid rejects all small, unripened or undeveloped fruit.

Ask for Sun-Maid prunes at your grocer's. Use them in all your recipes that call for prunes. And for a royal breakfast dish, and a healthful one, serve them simply in their rich juice each morning!





When recipes call for
FIGS
use Blue Ribbon Figs
kept fresh and clean in inner lined cartons

Almost overnight, it seems, American women have discovered what a wealth of good things can be made with figs. With Blue Ribbon figs!

For these figs are quite different from the old kind. Never the least bit woody, they are wonderfully fresh and sweet, and temptingly soft. Packed in inner lined cartons, their freshness is preserved for you; they do not sugar en route.



Your grocer has them packed loose or pressed as you prefer, both kinds in Blue Ribbon cartons.

